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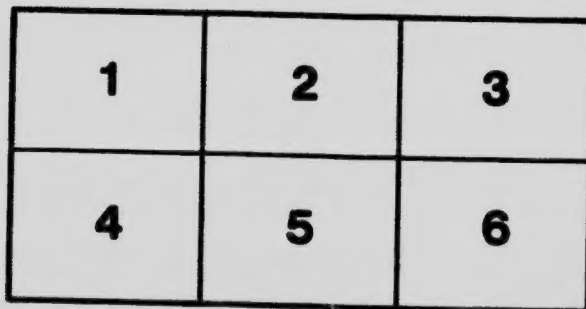
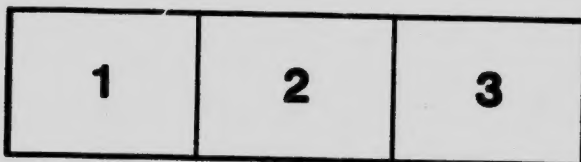
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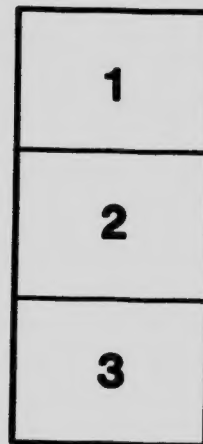
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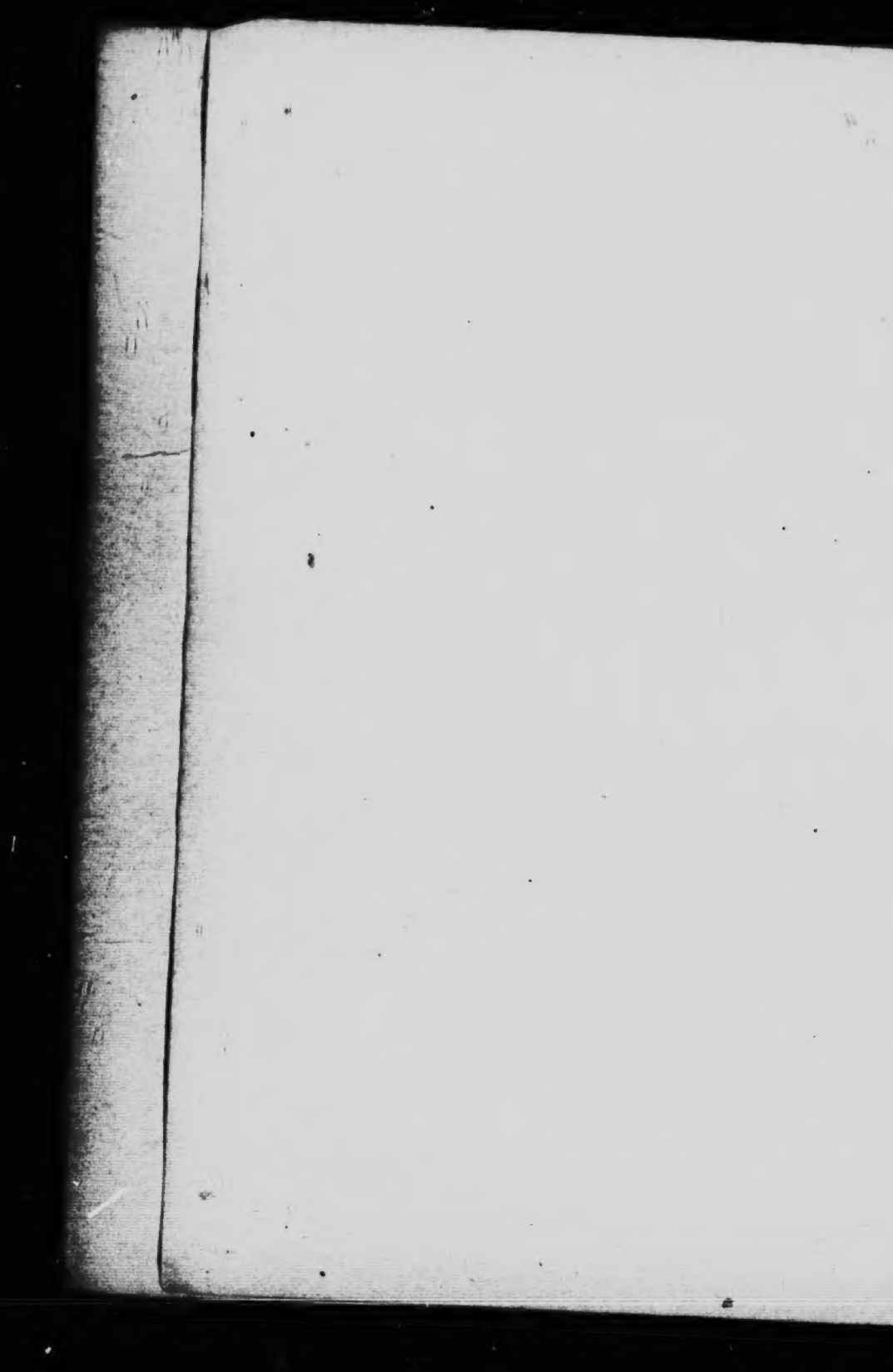
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# **CONSTITUTION, BY-LAWS**

**AND**

# **LAWS OF ATHLETICS**

**AS PREPARED AND ADOPTED BY**

# **THE CANADIAN AMATEUR ATHLETIC UNION**

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**JULY, 1902**

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# CONSTITUTION & BY-LAWS

## ARTICLE I.—NAME.

The name of this Union shall be "THE CANADIAN-AMATEUR ATHLETIC UNION."

## ARTICLE II.—OBJECTS.

(1) The object of this Union shall be the encouragement of systematic physical exercise and education in Canada.

(2) The advancement and improvement of athletic sports among amateurs.

(3) The establishment and maintenance throughout Canada of a uniform test of amateur standing and uniform rules for the government of all athletic sports within its jurisdiction.

(4) The institution, regulation and awarding of the amateur athletic championships of Canada.

The protection of the mutual interests of its members.

## ARTICLE III.—MEMBERSHIP.

(1) The membership of this Union shall be limited to (a) active members—such Amateur Athletic Associations, Leagues or Unions as have made application and have been admitted to the Union, as hereinafter prescribed; subscribed to the Constitution, by-laws, rules and regulations of the Union, and paid their dues; (b) associate members,



Amateur Athletic Clubs not members of Associations, Leagues or Unions holding membership in this Union, may become members of this Union in the manner above prescribed, but such Clubs shall not have representation on the Board of Governors.

(2) An Association, League or Union to be eligible for active membership in this Union shall be composed of three or more duly organized Clubs, each devoted to the promotion of the same form of athletic exercise or sport; or any duly incorporated Amateur Athletic Association now members of this Union, (April 1902) and any Athletic Association of ~~more~~ or more members devoted to different kinds of sport.

300  
(Sept '09)

#### ARTICLE IV.—THE DEFINITION OF AN AMATEUR.

An amateur is a person who has not competed in any competition for a staked bet, monies, private or public, or gate receipts, or competed with or against a professional for a prize; who has never taught or assisted in the pursuit of any athletic exercise or sport as a means of livelihood; who has never, directly or indirectly, received any bonus or a payment in lieu of loss of time while playing as a member of any club, or any money consideration whatever for any services as an athlete except his actual travelling and hotel expenses; or who has never entered into any competition under a name other than his own, or who has never been guilty of selling or pledging his prizes.



## ARTICLE V.—APPLICATION FOR MEMBERSHIP.

(1) On application for membership from any Association, League, Union or Club, it will be necessary for the applicant to file as many copies of its constitution and by-laws as there are members of the Board of Governors, and a list of its officers and the clubs forming such Association, League or Union, and in the case of clubs a list of its officers and members, together with membership fee, to this Union, as prescribed in Article 9.

(2) The Secretary shall submit such application to each member of the Board of Governors, and these members shall endorse their decision and return same within ten days.

(3) The approval of two-thirds of the members of the Board of Governors voting shall be necessary to constitute an election.

(4) Should the application be rejected, the fee shall be refunded.

## ARTICLE VI.—JURISDICTION.

This Union recognizes all athletic sports, and claims jurisdiction over all track and field athletics, as well as those taking part in the following:—Basket ball, bicycling, bowling (ten-pins), boxing, baseball, fencing, football, gymnastics, handball, hockey, lacrosse, skating, snowshoeing, swimming, wrestling and rowing.

## ARTICLE VII.—DISCIPLINE.

(1) Any violation of the Constitution, By-laws or Rules of this Union shall render a member

liable to suspension by the Board of Governors until the next annual or special meeting of the Union, and to expulsion by a two-thirds vote of the members represented at such meeting.

(2) All sentences of disqualification and suspension by any member of this Union shall be binding on all other members thereof, but an appeal against the sentence may be sent to the Secretary of this Union within ten days of the date of its imposition; and such appeal shall be dealt with by the Board of Governors at the earliest possible date, but shall not be considered if the sentence shall have been disregarded by the suspended party whilst the case is under consideration.

(3) All appeals must be accompanied by a deposit of twenty-five dollars (25) in the case of an Association, League or Union; ten dollars (10) in the case of a Club, and five dollars (5) in the case of an individual, which sum shall be refunded should the Board of Governors reverse the decision of the disqualifying member.

(4) All applications for removal of disqualification or suspension of any person or member imposed by the Board of Governors or by any member of this Union shall be made to the Board of Governors and dealt with under the provisions of Article II. of this Constitution.

(5) Anyone who competes against one who is under sentence of suspension shall be himself suspended until the expiration of such sentence, or for such longer period as the Board of Governors may think fit.

## ARTICLE VIII.—REPRESENTATION.

(1) All meetings, special or otherwise, of this Union shall be composed of the Board of Governors and delegates from members composing this Union.

(2) Active members composed of three clubs only shall be entitled to two delegates.

(3) Active members composed of over three clubs and under ten clubs, shall be entitled to three delegates.

(4) Active members composed of ten clubs and over shall be entitled to four delegates.

(5) Associate members shall be entitled to one delegate.

(6) Members shall be allowed to have one vote for each delegate to which they are entitled. If represented by the full number of delegates, each delegate shall have one vote; but if the full number of delegates is not present the delegate or delegates representing them shall be allowed to cast the full number of votes to which the member is entitled. Delegates shall represent one organization only at any meeting of this Union.

(7) No delegate will be eligible to act at the meetings of the Union unless he produces a certificate of his election, duly signed by the President and Secretary of the member he represents.

## ARTICLE IX.—DUES.

(1) The dues of (a) each active member shall be \$10 for first delegate and \$5 for each subsequent delegate to which it is entitled; (b) each associate member \$10, payable when application for membership in the Union is made, and at or before each annual meeting thereafter.

(2) No Club, League or Union whose dues remain unpaid shall be entitled to vote at the annual meeting.

## ARTICLE X.—GOVERNMENT.

(1) The government and general direction of the affairs of this Union shall be committed to a Board of Governors composed of one representative from each active member, elected by such active member, who shall hold office for the term of one year from the date of the next annual meeting of this Union, or until their successors are elected. In case of a vacancy occurring during the term of office of any member of the Board of Governors, such vacancy shall immediately be filled by the active member whose representation becomes vacant. After the close of the annual meeting the Board of Governors shall meet and from their number elect officers as provided in the by-laws.

(2) Five members will be necessary to form a quorum of the Board of Governors.

## ARTICLE XI.—DUTIES AND POWERS OF BOARD OF GOVERNORS.

The Board of Governors shall, in addition to the

powers elsewhere in this constitution prescribed, have power :—

(1) To prescribe and amend by-laws and rules for the government of the Union, not inconsistent with or beyond the scope of the provisions of this constitution.

(2) To impose and enforce penalties for any violation of the constitution, by-laws or rules of the Union.

(3) By a three-quarters vote of the members voting to remove any suspension or to enforce or remit any penalty pertaining to any person or organization.

(4) To reject any entries to competition (if deemed objectionable) at any meeting, and to delegate this power to a sub-committee.

(5) By a three-fourths vote of the members voting to remove from office on fifteen days written notice any member of the Board of Governors, who, by neglect of his duty or by conduct tending to impair his usefulness as a member of such Board, shall be deemed to have forfeited his position.

(6) By a majority vote to declare vacant the position of any member of the Board of Governors when the member which elected him a representative shall have ceased to be a member of this Union.

(7) To collect the dues or funds of the Union and to expend the same.

(8) To call regular and special meetings of the Union, and to fix the time and place for holding all meetings not fixed by this Constitution.

(9) To institute, locate and conduct or delegate authority to hold all amateur champions meetings.

(10) To establish and define rules for government of athletic sports.

(11) To explain, define and interpret a provision of this Constitution or any by-law rule.

(12) To appoint committees from its own number and from members of clubs within the Union.

#### ARTICLE XII.—MEETINGS.

(1) The annual meeting of this Union shall be held alternately in Montreal and Toronto, on the evening of the annual championship meeting, or at such other time and place as may be selected by the Board of Governors, ten days notice of such meeting to be given the members.

(2) A special meeting of the Union may be called by a two-thirds vote of the Board of Governors, or upon the written request of at least one-third of all the members of the Union. Ten days notice of such meeting shall be given to all members, such notice to contain the date, location and object of such meeting.

(3) Fifteen delegates, including members of the Board of Governors, shall be necessary to form a quorum at the annual or special meetings of the Union.

(4) The order of business at the annual meetings shall be as follows :

Roll call of delegates.

Reading of minutes of preceding meetings.

Report of Board of Governors.

Treasurer's Statement.

Reports of sub-committees, communications,  
&c.

Unfinished business.

Adjournment.

(5) At special meetings the order of business shall be as follows :

Roll call.

Reports of sub-committees.

Unfinished business.

New business.

Adjournment.

#### ARTICLE XIII.—AMENDMENTS.

No addition, alteration or amendment shall be made to this Constitution except at the annual meeting of the Union by a two-thirds vote of the members represented. At least thirty days notice of any such proposed change must be given to the Secretary of the Union in writing, of which at least twenty days notice shall be given to the members of the Union by the Secretary.



# BY-LAWS

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## ARTICLE I.—OFFICERS.

The Officers of this Union shall be a President and two Vice-Presidents, who shall be elected by a majority vote at the first meeting of the Board of Governors after the annual meeting of the Union. Also a Secretary-Treasurer, who shall be appointed at same meeting.

## ARTICLE II.—DUTIES OF OFFICERS.

- (1) The President shall preside at all meetings of the Union and of the Board of Governors, and order meetings of the Board of Governors whenever, in his judgment, he may deem it necessary or upon request of not less than three members thereof.
- (2) The Vice-Presidents, in their order, shall during the absence of the President, perform his duties.
- (3) The Secretary-Treasurer shall keep the minutes of each meeting of the Union and of the Board of Governors; shall conduct all official correspondence and issue notices of all meetings of the Union and of the Board, and have charge of, and be responsible for all the books and papers; he shall also keep a record of the performances made at different Canadian championship meetings, also a list of the "Canadian

Records" as may be established from time to time at bona fide amateur athletic meetings, (provided same have been carried out as required by the laws of athletics adopted by this Union) and that duly authenticated reports of said performances shall have been filed with the Secretary of the Canadian Amateur Athletic Union, and approved by the Board of Governors. He shall also keep a register of all disqualifications and reinstatements, and advise the Secretaries of the various athletic organizations (as mentioned in Art. 6 of the Constitution) as to the decisions of the Board of Governors. He shall also collect and have charge of all monies belonging to the Union, and shall pay all bills when properly approved, and submit a report thereof to the Board of Governors whenever called upon to do so. All bills shall be presented to the Board of Governors, and on being approved by them the President, or in his absence, the Vice-President, shall affix his signature, which shall be the Secretary-Treasurer's authority for paying same.

### ARTICLE III.—MEETINGS.

(1) A meeting of the Board of Governors shall be held at the close of the annual meeting of the Union.

(2) Special meetings of the Board of Governors shall be called by the Secretary, either by order of the President or at the written request of not less than three (3) members of the Board of Governors, and ten days notice of said meeting shall be sent to each member of the Board of Governors. The

President and Secretary at any time that found inconvenient to procure a meeting, submit any question to the Board of Governors, correspondence, and the President shall decide the result of the said vote so taken.

(3) At all meetings of the Board of Governors five shall form a quorum.

(4) The order of business at all meetings of Board of Governors shall be as follows :

Reading minutes of previous meeting.

Unfinished business.

Reports of officers and sub-committees.

New business.

Adjournment.

#### ARTICLE IV.—CHAMPIONSHIPS.

(1) A field and track championship meeting shall be held annually at such time, and including such events as may be determined by the Board of Governors. Said meeting shall take place alternately in Montreal and Toronto, unless the Board of Governors decide to hold same elsewhere in which case the place of meeting shall be decided upon at least six months previous to the date of holding thereof.

(2) The Board of Governors may also give authority to any member of the Union in good standing (applying for permission) to hold "Spring Championships," open to residents of Canada only, and who are not members of "Foreign Clubs." The member making such application to assume all liabilities of the meeting.

## ARTICLE V.—CHAMPIONSHIP GAMES.

(1) The Championship Games shall include the following track and field events, and such others as may from time to time be added by the Board of Governors :

Running 100 yards.

Running 220 yards.

Running one-quarter mile.

Running one-half mile.

Running one mile.

Running two miles.

Running five miles.

Hurdle racing, 120 yards, 10 hurdles, 3 ft. 6 in.

Walking one mile.

Walking three miles.

Throwing the discus.

Tossing the caber.

Running high jump.

Running broad jump.

Pole vaulting.

Putting the shot, 16-lb.

Throwing the hammer, 16-lb.

Throwing 56-lb. weight.

Individual tug-of-war.

Tug-of-war, teams of four.

(2) The Board of Governors may, if they see fit, grant the privilege to any club or clubs in good standing in the Union to give such championship event or events as may have been omitted

from the Union's programme. As a guarantee of good faith any club making application for holding of championships shall deposit the sum of twenty-five dollars (25) with the Secretary-Treasurer, which sum shall be returned when the championships are carried out.

**ARTICLE VI.—MODE OF DECIDING UPON THE STATUS OF ANY ATHLETE.**

(1) In the event of an application for a decision of the Board of Governors upon the status of an athlete, it shall be the duty of the President to appoint a sub-committee of three to investigate the case.

(2) When the status of any individual is questioned, the burden of proving his innocence shall rest with the accused, inasmuch as the facts and true facts of the case must lie within his personal knowledge, and consequently he should be in a position, if unjustly accused or suspected, to prove his innocence to the satisfaction of the Board of Governors.

(3) Pending the investigation, the athlete against whom charges are brought may be suspended by the President on recommendation of the Investigating Committee. They shall immediately communicate with the party whose case is under investigation, in person or by registered letter, lay all charges before him or set forth the circumstances, and call for an answer (within such time as may be specified by the sub-committee) to the charges, or a satisfactory explanation of the circumstances.

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(4) Any person who shall refuse to testify before any committee or answer any questions that such committee shall rule to be proper, shall be liable to suspension, or such discipline as the committee may determine, until he has purged himself of such failure or refusal.

(5) The sub-committee, upon completing their investigation, shall report to the Secretary, who shall thereupon forward by registered letter to each member of the Board of Governors a copy of said report, with a request that they notify him of their concurrence or otherwise within fifteen days after the mailing of said copy. On the expiration of the aforesaid time the President may adjudicate upon the case in accordance with the vote so cast, or may call a meeting of the Board of Governors (as prescribed in Art. 3 By-laws), when the case in question shall be dealt with.

(6) To prevent frivolous and groundless charges against the status of any amateur athlete, the Board of Governors must be convinced that there is good and sufficient cause to question the status of an individual, and may insist that all charges be made on affidavit.

(7) In the event of an individual making application for reinstatement to the amateur ranks, it shall be necessary for him to file with his application to the Secretary of the Union a duly attested affidavit, giving a correct list of his performances or other acts alleged against him, with date of each, together with as many letters of recommendation (as to his character and fitness to belong to the amateur ranks) as can be conveniently procured from reliable parties.

Amended.

(8) The manner of procedure shall then be the same as in the foregoing clauses. The expenses attending any investigation shall be borne by the member or individual making the application, unless otherwise ordered by the Board of Governors.

(9) In every instance, however, the Secretary shall duly forward to all members of this Union and its Board of Governors, a copy of the resolutions or decisions duly passed at said meeting.

#### ARTICLE VII.—AMENDMENTS.

These By-laws and General Rules may be amended at any meeting of the Board of Governors or by letter vote by a two-thirds majority of the members voting, provided that at least ten days notice shall have been given to every member of the Board of the proposed amendment. The same shall be ratified at the first general meeting of the Union held thereafter.



# ATHLETIC RULES

—OF—

## Canadian Amateur Athletic Union

### RULE I.—OFFICIALS.

- The officers of an Athletic Meeting shall be :
  - One Referee.
  - One or more Inspectors.
  - Three Judges at the finish.
  - Three Measurers or Field Judges.
  - Three Timekeepers.
  - One Judge of Walking, with Assistants if necessary.
  - One Starter.
  - One Clerk of the Course, with Assistants if necessary.
  - One Announcer.
  - One Official Scorer, with Assistants if necessary.

### RULE II.—THE GAMES COMMITTEE

In all Championship Meetings shall be constituted, have the jurisdiction and perform the duties as prescribed.

The Games Committee at any Club meeting shall be composed of members of the Club holding the meeting. This Committee shall have jurisdiction of all matters not assigned by these rules to the referee or other games officials.

### RULE III—THE REFEREE

shall decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official programme, to add to or to alter the announced arrangement of heats in any event.

When in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

### RULE IV.—INSPECTORS

shall stand at such points as the Referee may designate to watch the competitors closely, and in case of a claim of foul to report to the Referee what they saw of the incident.

The Inspectors are merely assistants to the Referee to whom they shall report, but in no case shall they give decisions.

#### **RULE V.—THE JUDGES AT FINISH**

shall determine the order of finishing of contestants and shall arrange among themselves as to noting the winner 2nd, 3rd, 4th, as the case may require.

In case of disagreement, the majority shall decide. Their decision as to the order in which the men finish shall be final and without appeal.

#### **RULE VI.—MEASURERS OR FIELD JUDGES.**

They shall measure each trial of each competitor in all games whose record is one of distance or height.

They shall act as judges in these events, and their decision as to the performance of each man shall be final and without appeal.

#### **RULE VII.—THE TIMEKEEPERS**

shall individually time all events where the time record is called for. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The flash of the pistol shall denote the actual time of starting.

In case only two watches are held on an event, and they fail to agree, the longest time of the two shall be accepted.

**NOTE**—For record, however, three watches must be held on an event.

All watches used for timing championship events, must have been previously certified to by the official watch examiner, in accordance with General Rules, Clause 18.

## RULE VIII.—THE STARTER

shall have sole jurisdiction over the competitors after the Clerk of the Course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "Go" shall be used.

An actual start shall not be effected until the pistol has been purposely discharged after the competitors have been warned to get ready. In case the pistol was not purposely discharged the competitors shall be called back by the starter by pistol shot.

When any part of a person of a competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

Penalties for false starting shall be inflicted by the starter, as follows :

In races up to and including 300 yards, the competitor shall be put back one yard for the first and another yard for the second attempt ; in races over 300 yards and including 600 yards, two yards for the first and two more for the second attempt ; in races over 600 yards and including 1,000 yards, three yards for the first and three more for the second attempt ; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt ; in races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall prevent his competing in that event.

The Starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after he has given the warning to "get ready."

**RULE IX.—THE CLERK OF THE COURSE** shall record the name of each competitor who shall report to him. Shall give him his number for each game in which he is entered, and notify him before the start of every event in which he is engaged. He shall furnish the Official Scorer with a complete list of all starters in each event. He shall see that each and every competitor is properly attired before going on the field.

The Assistants shall do such portions of his work as he may assign to them.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready"; and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor.

**RULE X.—JUDGE OF WALKING** shall have the sole power to determine the fairness or unfairness of walking, and his rulings thereon shall be final and without appeal.

He shall caution any competitor whenever walking unfairly; the third caution to disqualify except that he shall immediately disqualify any competitor when walking unfairly during the last 230 yards of a race.

He shall control his assistants and assign to them such of his duties as he may deem proper.

**RULE XI.—THE OFFICIAL SCORER**

shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers, and the distance or height as furnished by the field judges.

He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

He shall control his assistants, and assign to them such of his duties as he may deem best.

**RULE XII.—COMPETITORS**

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Every competitor shall wear complete clothing from the shoulders to the knees (e.g.) jerseys and loose drawers.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

An athlete who fails to compete after entering an event in a bona fide way and according to rules, shall, if requested, furnish a satisfactory excuse for so doing or render himself liable to censure or suspension by the Board of Control.

Under no condition shall the attendants be allowed to accompany competitors at the start or during any competition, except in match or bicycle races (in the latter, only to lend assistance at starting), where special agreement may be made.

Competitors in handicap competitions shall be required to send with their entries full and definite particulars as to their last three performances (if any).

All entries shall be made in the real name of the competitor.

Competitors in youths' races must state their age and previous performances; and, if required, must furnish certificates of birth.

#### **RULE XIII.—THE ANNOUNCER**

shall receive from the Official Scorer the result of each event, and announce same by bulletin board or word of mouth.

#### **RULE XIV.—PROTESTS**

against any entered competitor may be made verbally or in writing to the Referee, or a member of the Games Committee, before or during the meeting. If possible, the Committee shall decide such protest at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which event the Games Committee must report such protest within forty-eight hours to the Secretary of the C.A.A.U.



### RULE XV.—TRACK MEASUREMENT.

All distances run or walked shall be measured upon a line eighteen inches outward from the inner edge of the track; except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line.

### RULE XVI.—THE COURSE.

Each competitor shall keep in his respective position from start to finish on all races on straightaway tracks, and in all races on tracks with one or more turns, he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor.

The Referee shall disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee shall disqualify from further participation in the games any contestant competing to lose, to coach, or in any way impede the chances of another competitor either in a trial or final contest.

### RULE XVII.—THE FINISH OF THE COURSE.

shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and three feet above such line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body except his hands or arms shall touch the tape at the finishing

line. The tape is to be considered the finishing line for the winner; but the order of finishing across the track line shall determine the position of the other competitors.

#### **RULE XVIII.—HURDLES.**

Different heights, distances and number of hurdles may be selected for hurdle races.

In the 120 yards hurdle race ten hurdles shall be used; each hurdle to be three feet six inches high. They shall be placed ten yards apart; with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In hurdle races of other distance, and with different number of hurdles, the hurdles shall be placed at equal intervals, with the same space between the first hurdle and the starting point, and the last hurdle and the finishing line, as between each of the hurdles.

In making a record, it shall be necessary for the competitor to jump over every hurdle in its proper position.

#### **RULE XIX.—JUMPING.**

**SECTION 1.** A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

In all handicap jumps the scratch man shall be entitled to try last.

**SEC. 2. THE RUNNING HIGH JUMP.**—The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition. Competitors shall jump in order as placed in the programme; and those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a bar resting on pins projecting not more than three inches from the uprights; and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

A competitor may decline to jump at any height in his turn; and by so doing forfeits his right to again jump at the height declined.

**SEC. 3. THE STANDING HIGH JUMP.**—The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result.

With this exception the rules governing the Running High Jump shall also govern the Standing High Jump.

**SEC. 4. THE RUNNING BROAD JUMP.**—When jumped on earth, a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, and shall count as a trial jump without result.

Each competitor shall have three trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line shall be unlimited.

**SEC. 5. THE POLE VAULT.**—Poles shall be furnished by the club giving the games, but contestants may use their private poles if they so desire, in which case the other contestants shall also be allowed to use them if they wish. The poles shall be unlimited as to size and weight, but shall have no assisting devices, excepting one prong at the end.

The rules governing the Running High Jump

shall also govern the Pole Vault for height ; and the rules governing the Running Broad Jump shall also govern the Pole Vault for distance.

**SEC. 6. THE STANDING BROAD JUMP.**—The feet of the competitor may be placed in any position, but shall leave the ground only once making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result.

In all other respects the rules governing the Running Broad Jump shall also govern the Standing Broad Jump.

**SEC. 7. THE THREE STANDING BROAD JUMPS.**—The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the Standing Broad Jumps shall also govern the Three Standing Broad Jumps.

**SEC. 8. RUNNING HOP, STEP AND JUMP.**—The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing.

In all other respects the rules governing the Running Broad Jump shall also govern the Running Hop, Step and Jump.

#### **RULE XX.—PUTTING THE SHOT.**

The shot shall be a solid sphere, made of metal, and weighing at least 16 or 24 lbs., as the event may call for.

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It shall be put with one hand, and in making the attempt it shall be above, and not behind the shoulder.

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The competitor shall stand in a circle seven feet in diameter, on four feet of the circumference of which shall be placed a board four inches high, at which the competitor must stand when the shot leaves his hand.

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A fair put shall be one where no part of the person of the competitor shall touch in front of the circle, or on the board in making the attempt.

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A put shall be counted as foul if the competitor steps over the front half of the circle or on the board before the measurement of his put is made.

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The measurements of all puts shall be made from the nearest mark made by the shot to a point on the circumference of the circle, on a line with the object mark and the centre of the circle.

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A board similar to the one in front may be used at the back of the circle.

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The order of competing and the number of trials shall be the same as for the Running Broad Jump. Shots shall be furnished by the Games Committee. Any contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

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#### **RULE XXI.—THROWING 56-LB. WEIGHT.**

**SECTION 1.** The weight shall be a sphere made of metal, with a metal handle attached. Their

combined weight shall be at least 56-lbs., and combined height shall be 46 inches, but no flexi attachment will be allowed.

All throws must be made from a circle, seven feet in diameter.

The competitor may assume any position chooses in making an attempt.

Foul throws and letting go the weight in an attempt shall count as a trial throw without result.

The order of competing and number of trials shall be the same as for the Running Broad Jump. Weights shall be furnished by the Games Committee. Any contestant may use his private weight if correct in weight and shape; in which case the other contestants must be allowed to use it if they wish.

**SEC. 2. IN THROWING FOR DISTANCE.**—A fair throw shall be one where no part of the person of the competitor shall touch in front of the circle in making an attempt. A throw shall be counted foul if the competitor steps over the front half of the circle before his throw is measured.

The measurement of all throws shall be made from the nearest mark made by the sphere of the weight, to a point on the circumference of the circle, on a line with the object mark and the centre of the circle.

**SEC. 3. IN THROWING FOR HEIGHT.**—A barrel-head three feet in diameter shall be suspended in the air.



A fair throw shall be one where no part of the person of the competitor shall touch in front of the circle in making an attempt, and where any part of the weight or handle touches any part of the barrel-head.

A foul throw shall be one where the competitor touches the outside of the circle before letting go the weight.

The measurement of all throws shall be made from a point on the ground drawn directly under and parallel to the lowest point of the barrel-head.

The order of competing and number of trials shall be the same as for the Running Broad Jump. Weights shall be furnished by the Games Committee. Any contestant may use his private weight, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

#### **RULE XXII.—THROWING THE HAMMER.**

The head and handle may be of any size, shape and material, provided that the length of the complete implement shall not be more than four feet, and its weight not less than sixteen pounds. The competitor may assume any position he chooses and use either one or both hands.

All throws shall be made from a circle seven feet in diameter.

A fair throw shall be one when no part of the person of the competitor shall touch outside the circle in making the attempt,

A throw shall be counted foul if the competitor steps over the front half of the circle before his throw is measured.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of all throws shall be made from the nearest mark made by the head of the hammer to a point on the circumference of the circle, on a line with the object mark and the centre of the circle.

The order of competing and number of trials shall be the same as for the Running Broad Jump. Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

#### RULE XXIII.—THROWING THE DISCUS.

The discus shall be of smooth, hard wood body without finger-holes, weighted in the centre with lead discs and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half ( $4\frac{1}{2}$ ) pounds; outside diameter, eight (8) inches; thickness in centre, two (2) inches.

All throws shall be made from a seven-(7) foot circle, with four foot-stop board, and similar in all respects to the circle for putting the shot. In making his throws a competitor may assume any position he chooses. Foul throws and letting go the discus in attempts shall count as trials without result. A fair throw shall be one in which no part,

of the person of the competitor touches the ground outside the front half of the circle and the competitor leaves the circle by its rear half. A throw shall be foul if any part of the person touches the ground outside the front half of the circle before the throw is measured.

A discus shall be furnished by the Games Committee. Any contestant may use his private discus, if correct in weight and shape, in which case the other contestants must also be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the circumference of the circle, on a line from the mark made by the discus to the centre of the circle.

#### RULE XXIV.—TUGS OF WAR.

Tugs of war shall be pulled on cleats made of wood, same to be at least four inches thick, six inches high, and twenty-two inches long, and at least six feet six inches apart. The distance from the clamp in the centre to the first cleat on either side shall be not less than six feet.

The cleats shall be set on edge and bolted to the board.

The rope shall be a manilla three-stranded rope, not less than four and a half, nor more than five inches in circumference. There shall be a clamp equi-distant from the first cleat on either side, which shall be sufficient to hold the rope in position until released.

This clamp shall not make an appreciable kink in the rope. Any position may be assumed before the pistol is fired. No mechanical device shall be used for holding the rope. No belts shall be used. But the anchorman may be allowed to use a single twist around the arm and below the shoulder. The flanges to hold the rope in place shall not be constructed so as to bind on the rope in any position that the anchor may assume. Leather shields and gloves may be used, and adhesive substances may be put on the same. Competitors shall not use weights in unlimited pulls, but in pulls limited to specified weights, competitors may use weights, providing the total weight of the team, including weights, does not exceed the limit.

The standard time limit for each pull shall be three minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon for other than championship contests.

When Tugs of War are limited to teams of a given weight, competitors shall be weighed before competing. They shall be weighed as they pull; *i.e.*, including clothing, shoes, etc. The weighing in shall be done immediately before the pull.

No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

In no case shall any man pull on more than one team in a contest, and no substitute shall be allowed to pull on any team that has pulled a trial.

In case a team gains three feet from its opponents it shall be awarded the pull.

Immediately before the pull, the Captains of the opposing teams shall draw their numbers. If there are only two teams, two out of three pulls shall decide. With three teams—one and two pull, the loser pulls three, and the winners pull the final. With four teams—one and two, three and four; the winners pull the final. Where more than three teams are entered, and the number of teams are reduced to three, they shall draw new numbers. One and two pull, and the loser drops out. With more than four teams—have a preliminary round of as many contests as the total number of contestants exceeds 4, 8, 16 or 32, and drop the losers. This leaves in 4, 8, 16 or 32 contestants, and the game then proceeds regularly with no byes or uneven contests.

In case of tie, both teams shall be credited with a win, and new numbers shall be drawn.

No pull shall be awarded by less than half an inch.

The individual Tug of War shall also be governed by the team rules, and the contestants must pull from the first cleat from the clamp.

#### **RULE XXV.—SWIMMING.**

**SECTION 1.** Officials shall consist of one Referee, three Judges at the finish, three Time-keepers, one Starter, one Clerk of the Course, with assistants if necessary.

**SEC. 2.** Duties and powers of these officials shall be the same as is prescribed for them in the foregoing rules.

SEC. 3. In the 100 yards Swimming Race, each competitor shall stand with one or both feet on the starting line, and when the signal is given shall plunge. Stepping back either before or after the signal will not be allowed.

SEC. 4. The half-mile and the one-mile start shall be the same as the 100 yards, except that competitors may start in the water (tread-water start) from an imaginary line.

SEC. 5. A competitor shall keep a straight course, parallel with the course of the other competitors, from his starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water ten feet wide from start to finish. Any contestant who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the Referee.

SEC. 6. Each competitor shall have finished the race when any part of his person reaches the finish line.

#### RULE XXVI.—BOXING.

(1) In all open competitions the ring shall be not less than 16 feet nor more than 24 feet square, and shall be formed of eight stakes or ropes, the latter extending in double lines, the uppermost line four feet from the floor and the lower line two feet from the floor.

(2) Competitors to box in regulation athletic costume, in shoes without spikes, or in socks, and to use boxing gloves of not more than eight ounces in weight.

(3) Weights to be: Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Welter, 145 lbs. and under; Middle, 158 lbs. and under; Heavy, 158 lbs. and over.

(4) Any athlete who weighs in and then fails to compete, without an excuse satisfactory to the Games Committee, shall be suspended for six months.

(5) In all open competitions the result shall be decided by two Judges, with a Referee. A Time-keeper shall be appointed.

(6) In all competitions the number of rounds to be contested shall be three. The duration of rounds in the trial bout shall be limited to three minutes each. In the "finals" fought the first two rounds will be three minutes each, and the final round four minutes. The interval between each round shall be one minute.

(7) In all competitions, any competitor failing to come up when time is called shall lose the bout.

(8) Immediately before the competition each competitor shall draw his number and compete as follows: To have a preliminary round of as many contests as the total number of contestants exceeds 1, 4, 8, 16 or 32, and drop the losers. This leaves 2, 4, 8, 16 or 32 contestants, and the rounds then proceed regularly with no byes or uneven contests.

(9) Each competitor shall be entitled to the assistance of one second only, and no advice or coaching shall be given to any competitor by his second, or by any other person, during the progress of any round.

(10) The manner of judging shall be as follows : The two Judges and Referee shall be stationed apart. At the end of each bout each Judge shall write the name of the competitor who, in his opinion, has won, and shall hand the same to the announcer (or master of ceremonies). In case the Judges agree, the master of ceremonies shall announce the name of the winner ; but in cases where the Judges disagree, the master of ceremonies shall so inform the Referee, who shall thereupon himself decide.

(11) The Referee shall have power to give his casting vote when the Judges disagree, to caution or disqualify a competitor for infringing rules, or to stop a round in the event of either man being knocked down, providing that the stopping of either of the first two rounds shall not disqualify any competitor from competing in the final round to decide the competition in the event of either man showing so marked a superiority over the other that a continuation of the contest would serve only to show the loser's ability to take punishment. And the Referee can order a further round, limited to two minutes, in the event of the Judges disagreeing.

(12) The decision of the Judges or Referee, as the case may be, shall be final.

(13) In all competitions the decision shall be given in favor of the competitor who displays the best style and obtains the greatest number of points. The points shall be : For attack, direct clean hits with the knuckles of either hand, on any part of the front or sides of the head, or body above the belt ; defence, guarding, slipping, ducking, counter-



hitting, or getting away. Where points are otherwise equal, consideration to be given to the man who does the most of the leading off.

(14.) The Referee may disqualify a competitor who is boxing unfairly by kicking or hitting with the open glove, by hitting with the inside or butt of the hand, the wrist or elbow, hitting or catching hold the waist, or hitting when down (one knee and one hand, or both knees on the floor), butting with the head or shoulder, wrestling or roughing at the ropes, using offensive and scurrilous language, or not obeying the orders of the Referee.

(15) All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

(16) In the event of any question arising not provided for in these rules, the Referee to have full power to decide such question or interpretation of rule.

#### **RULE XXVII.—TOSSING THE CABER.**

The Caber shall be round, made of solid wood, 16 feet long, and shall weigh 100 pounds. The diameter of one end shall be twice the diameter of the other end, and it shall taper gradually from the large to the small end. If metal additions should be necessary to bring the Caber up to the required weight, an equal quantity must be added to each end, but in no case shall the entire quantity used exceed 20 pounds.

The Caber shall be held perpendicularly by the small end, and shall be tossed so that the butt or large end shall strike the ground first, the object being to force over and away as far as possible from the competitor the small end, to which all measurements shall be made.

The distance of the run before the toss shall be unlimited.

The measurements shall be made from the toe of the foot on which the competitor stands when the Caber leaves his grasp to small end of the Caber as it rests on the ground. If standing on both feet then the measurement shall be made from the toe of the foot farthest to the front.

Each competitor shall have three trials.

Letting the Caber drop or touch the ground after it has been raised before making the toss shall be counted as a trial without result.

# GENERAL RULES

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(1) Athletic meetings promoted by companies, incorporated bodies, individuals, or associations of individuals, as private speculation or in conjunction with a benefit, are not, unless with sanction of the Board of Governors, recognized by the Canadian Amateur Athletic Union, and any athlete competing at an unrecognized meeting shall thereby suspend himself from all games and under the sanction of the Canadian Amateur Athletic Union.

(2) The Board of Governors shall have the power to reinstate any one so disqualified if they shall think fit.

(3) No person shall be allowed to compete at any meeting held under the Canadian Amateur Athletic Union rules while disqualified or under sentence of suspension of this Union or any of its members.

(4) No application for reinstatement by a person who has knowingly become a professional, to full amateur status, shall be entertained, unless the applicant shall have abstained from all professional conduct for two years, and can be acted upon only at a meeting of the Canadian Amateur Athletic Union or of the Board of Governors.

(5) Any member of any club within the membership of the Canadian Amateur Athletic Union who shall have been expelled from said club for unpaid indebtedness shall not be eligible to compete in any games given by any member of the Canadian Amateur Athletic Union until such indebtedness is liquidated.

(6) No record shall be accepted unless timed by at least three official timekeepers, or measured by at least three field judges.

(7) The Board of Governors shall investigate every performance to which their attention is called, and shall be empowered, in their discretion, to reject any record which shall not be supported by the affidavits of at least six witnesses, including the officials, certifying as to the place, time of day, state of weather, condition of path or field, force and direction of wind, level or grade of grounds, weight, measurement and material of implement, and correctness of announced time or distance.

(8) Records shall only be allowed if performances are made in club or open competition.

(9) No record made on a Sunday shall be recognized by this Union.

(10) If during any athletic contests under the rules of the Canadian Amateur Athletic Union, a competitor shall conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators or competitors, the referee shall have the power to disqualify him from further competition at the meeting, and if he

thinks the offence worthy of additional punishment, shall promptly make a detailed statement to the Board of Governors.

(11) An athlete who fails to compete after entering an event in a bona fide way, and according to the rules, shall, if requested, furnish a satisfactory excuse for so doing or render himself liable to censure or suspension by the Board of Governors.

(12) No competitor shall be allowed to start without his proper number. Every competitor must wear complete clothing from the shoulders to the knees (e. g.) jersey and loose drawers, and under no circumstances shall athletes be allowed to dress or undress in the inner circle.

(13) It shall be imperative for athletes who are members of any of the affiliated associations, leagues, unions or clubs of this Union to be entered by the Secretary of their respective clubs when desiring to take part in any open competition.

(14) The official scorer at all championship games given under the rules of the Canadian Amateur Athletic Union shall be required to forward to the Secretary of the Canadian Amateur Athletic Union, within three days after the close of the games, the official scores and complete list of all starters in all contests at such meeting. Any club that shall fail to file the necessary report of games shall be refused further sanctions until such report be filed.

(15) No professional contest or exhibition shall be allowed at any games, meetings or entertainments held under the auspices of the Canadian

Amateur Athletic Union, except that regularly employed instructors may take part with their pupils in entertainments, provided that such instructors shall not participate in any competition. This rule shall not apply to events given under the sanction of the Canadian Wheelmen's Association or Amateur Skating Association of Canada.

(16) Open sports are those in which the events are open to members of more than one club, school, college or other organization.

(17) No suspended amateur or declared professional shall be allowed to act as an official in any amateur contests, and any clubs utilizing the services, as an official, of such suspended amateur or professional, in contravention of this rule, shall themselves be liable to suspension, except in boxing contests, when the Board of Governors may permit the services of a professional referee, but nothing in this Constitution or By-laws of this Union shall be construed as prohibiting any active member hereof from adopting regulations for the payment of expenses of referee.

(18) OFFICIAL WATCH EXAMINER.—An Official Watch Examiner for all Championship competitions shall be appointed by the President, and watches used for such purposes shall be certified to by such examiner.

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# **LAWS OF SNOW-SHOEING**

(Revised 1892)

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## **ARTICLE I.—OF THE SHOE.**

The Snow-shoe shall be made of wood, and hide gut.

The shoes, exclusive of strings, shall not be less than  $1\frac{1}{2}$  lbs. in weight at start and finish of competitions, and shall measure not less than 10 inches gut in width. They shall be weighed at the start and finish of each competition by a person appointed for that purpose.

In boys' races, snow-shoes of any width and height may be used.

Objections to a competitor's shoes shall be made before the start.

## **ARTICLE II.—OF STARTING.**

All starting shall be by report of pistol after a preliminary caution.

A snap cap is not a start.

If any competitor starts before the signal he shall be put back one yard for each of the first two offences, and disqualified upon a third.

## **ARTICLE III.—OF POSITION AT STARTING.**

Competitors shall draw lots for choice of position at starting.

In races in heats, the competitors' positions at

the end of each heat shall decide their choice of positions at starting for the next heat.

#### ARTICLE IV.—HEAT RACES.

A competitor must win two heats to be winner of the race.

A competitor not winning a heat or making a dead heat in the first three heats will not be allowed to start in any subsequent heat.

A dead heat shall be counted in the race and shall be considered a heat which is undecided only as between the competitors making it, and it shall be considered a heat lost by all the other competitors. The rank of competitors, other than the winner, shall be decided by their position in each heat of the race, i.e., a competitor winning a heat shall be considered better than one making a dead heat, and a dead heat better than only second place in any heat, and a second place better than only third in any heat.

In the event of two or more competitors being equal for the second or third places, such competitors shall run off a deciding heat.

In all cases competitors must run out their distance to qualify for starting in succeeding heats.

#### ARTICLE V.—BRUSHING.

No competitor shall cross the track of another competitor to take it until he shall be six feet in advance of that competitor.

In races round a course, a competitor must pass on the outside, but if a competitor in advance deliberately draws out of his track and leaves his



successor room to pass him on the inside, that successor may do so.

#### ARTICLE VI.—DISQUALIFICATIONS.

The Judges may disqualify a competitor for persistent false starts, for disobedience to their orders, or to those of the starter, or for deliberately jostling or impeding any other competitor.

#### ARTICLE VII.—WINNING.

That competitor is a winner whose breast first reaches the tape.

#### ARTICLE VIII.—HURDLE RACES.

In hurdle races, a runner who leaps on a hurdle, runs through or around it, vaults it, or passes it in any other way than by fairly leaping over it, commits a foul and shall be disqualified.

#### ARTICLE IX.—RUNNING FRAUDULENTLY.

Whenever a competitor shall run not to win, he shall be disqualified for twelve months from starting in any race governed by these rules.

#### ARTICLE X.—LOSING A SHOE.

So long as both snow-shoes remain attached to the feet or ankles, a runner may continue his race. A runner, however, cannot carry his shoe in his hand in event of its clipping from his feet.

#### ARTICLE XI.—ASSISTANCE.

It shall be considered foul for any competitor to be assisted by anyone during a race when such assistance necessitates touching the competitor.

## **ARTICLE XII.—ACCIDENTS AND INTERFERENCES.**

In cases where a competitor meets with an accident in ordinary course, the judge may not interfere.

If the accident be caused by the friends of another competitor in assisting him, then the other competitor shall be disqualified.

## **ARTICLE XIII.—TIME BETWEEN HEATS.**

In all races in heats, where the distance shall be 200 yards or less, the time allowed between heats shall be not less than two minutes, nor more than five minutes. In all cases in heats, where the distance exceeds 200 yards and does not exceed half a mile, the time allowed between heats shall not be less than four minutes, nor more than ten minutes.

## **ARTICLE XIV.—HOUR OF STARTING.**

The Judges shall decide all matters of time connected with starting.

No delay after the appointed time for starting shall be permitted for the convenience of any competitor.

## **ARTICLE XV.—OBJECTIONS.**

Any objections to a competitor for fouling must be made within five minutes after the conclusion of the race.

Objections as to qualifications, entries, etc., must be made before the start, unless the fact on which the objection is based was not known to the objector at the time. In this after case objections may be made within forty-eight hours after the race.

This does not apply to Sec. 4 of Article I.

**ARTICLE XVI.—POST ENTRIES.**

Post entries, except for club or consolation races, shall not be allowed.

**ARTICLE XVII.—JUDGES BETTING.**

Judges must not bet upon a race over which they preside.

**ARTICLE XVIII.—DECISIONS AND APPEALS.**

The decisions of the Judges on matters of fact are final.

A club shall be considered the best judge of its own by-laws, qualifications of membership, etc.

From the decisions of the Judges, on any question of interpretation of law, an appeal shall lie to three experts: the appellants selecting one, the judges another, and these two deciding on a third. Such appeal must be declared at once.

**ARTICLE XIX.—DISTANCES.**

In races in heats there shall be no distance post when the course is less than 440 yards.

When the course is of 440 yards, the distance post shall be 50 yards from the finish. When the course is of 880 yards, the distance post shall be 80 yards from the finish.

If a competitor shall not have reached the distance post by the time the winner shall have reached the winning post, such competitor shall be distanced, and must not start for any succeeding heat of such race.

**ARTICLE XX.—MEASUREMENT OF TRACK.**

The track shall be measured three feet from the bank or curb.

**ARTICLE XXI.—GREEN RUNNERS.**

A green runner is one who has never won a first prize in any snow-shoe race.

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